WOMO HEALTH

WOMO HEALTH GUIDE

Heart Attack Signs in *Women*

Know the signs. *Get help fast.*

Recognize the warning signs. Prepare for the conversation.

What to notice · What to ask · What to track

Your body has a story. WOMO reads it.

01 / READ THIS FIRST

If you think it is your heart

Call 911 right away for possible heart attack warning signs. Do not drive yourself. Tell the dispatcher what you are feeling and follow their instructions.

Chest pressure or pain can last more than a few minutes or come and go. Shortness of breath, nausea, cold sweat, lightheadedness, or pain in the arm, back, neck, jaw, or stomach can occur with it.

YOU DO NOT NEED CERTAINTY

If you suspect a heart attack, emergency evaluation is the right next step. A guide or app cannot rule it out.

DO NOT WAIT FOR A TRACKER

The printable log later in this guide is for nonemergency symptoms and follow-up visits only.

This guide is educational. It does not diagnose a heart attack or replace emergency services or care from a licensed provider.

02 / KNOW THE SIGNS

It may not look like the movies

Chest pain or discomfort is the most common symptom in women too. Other signs may appear with or without it.

- [ ] Pressure, squeezing, or fullness in chest
- [ ] Shortness of breath
- [ ] Pain in one or both arms
- [ ] Nausea or vomiting
- [ ] Back, neck, or jaw discomfort
- [ ] Cold sweat or sudden lightheadedness
- [ ] Stomach pain or indigestion-like discomfort
- [ ] Unusual, extreme tiredness

IF THESE SIGNS SUGGEST A HEART ATTACK

Call 911, even if symptoms ease and return. Do not drive yourself.

03 / THE EMERGENCY CALL

What to say to 911

You can use plain words. You do not need to prove what is happening before asking for help.

START HERE

“I may be having a heart attack. I have ___ and it started at ___.”

TELL THEM WHERE YOU ARE

Give your address or exact location. Describe chest discomfort, breathing trouble, nausea, or pain elsewhere.

FOLLOW INSTRUCTIONS

Stay on the line if asked. Tell the dispatcher if symptoms change, and follow medication instructions only if they give them.

If someone near you is unconscious or not breathing normally, tell the dispatcher immediately so they can guide the next steps.

04 / KNOW YOUR RISK

The whole heart history

Your risk is personal. Bring these details to a preventive visit and ask what they mean together.

- [ ] High blood pressure
- [ ] High cholesterol
- [ ] Diabetes
- [ ] Smoking or tobacco use
- [ ] Family history of early heart disease
- [ ] Preeclampsia or pregnancy hypertension
- [ ] Gestational diabetes
- [ ] Early menopause
- [ ] PCOS or autoimmune conditions
- [ ] Sleep, activity, and stress concerns

Tell your provider about pregnancy complications even if they happened years ago. They can matter for heart risk later.

05 / WHAT GETS MISSED

Symptoms still deserve follow-up

Heart symptoms can have different causes. A normal result on one test does not explain a persistent problem by itself.

CHEST SYMPTOMS WITH ACTIVITY

Report exactly what brings symptoms on, whether rest changes them, and whether the pattern is new or worsening.

SMALL BLOOD VESSEL PROBLEMS

Some women experience coronary microvascular disease. Ask what evaluation fits if symptoms continue.

SCAD

Spontaneous coronary artery dissection is a tear in a coronary artery. It can cause a heart attack, including in younger women.

ANXIETY CAN COEXIST

If symptoms are attributed to anxiety, ask what has been checked and what the next step is. New or severe symptoms need urgent care.

06 / WHAT TO ASK

Build a prevention plan

At a routine visit, ask how your numbers, history, and symptoms affect the next step. During possible heart attack symptoms, call 911 instead.

KNOW YOUR NUMBERS

“What were my blood pressure, cholesterol, and blood sugar results, and how often should they be checked?”

INCLUDE LIFE HISTORY

“Do my pregnancy complications, menopause timing, PCOS, or autoimmune history change my risk?”

MATCH TESTS TO SYMPTOMS

“Would an ECG or other heart evaluation help explain what I have noticed?”

KNOW THE ACTION THRESHOLD

“Which symptoms mean I should call 911, and when should I contact your office?”

07 / EVERYDAY SUPPORT

Protecting your heart

Discuss these practical steps with a provider who knows your health history. They are not a substitute for care during symptoms.

BLOOD PRESSURE AND CHOLESTEROL

Ask for your numbers, what they mean for you, and whether monitoring or medicine is appropriate.

GLUCOSE AND PREGNANCY HISTORY

Share gestational diabetes or blood pressure complications, even if current numbers seem fine.

MOVEMENT, SLEEP, AND TOBACCO

Ask for a plan you can sustain and for support to quit smoking if you smoke.

FOLLOW-UP BELONGS IN THE PLAN

“What result are we watching for, and when should we meet again to review it?”

08 / PRINT THIS PAGE

Your heart health tracker

Use this for everyday, nonemergency symptoms. If a possible heart attack is happening, call 911 instead of filling this out.

DATE / TIME	SYMPTOM	ACTIVITY / DURATION	BP / NOTES

Also note: family history, pregnancy history, and last cholesterol and glucose results.

09 / WHAT TO SAY

Questions for the room

DESCRIBE THE CHANGE

“I have ___ with ___ for ___ weeks. This is new or different for me.”

ASK ABOUT YOUR RISK

“What is my personal heart risk, given my blood pressure, labs, family and pregnancy history?”

ASK WHAT WAS RULED OUT

“What did today’s evaluation check, and what does it not rule out?”

IF LABELED AS STRESS

“What heart causes have we considered? What follow-up is needed if the symptoms continue?”

IN AN EMERGENCY

“I am worried this could be my heart. Please evaluate me for a heart attack.”

10 / BRING THIS PAGE

Your provider summary

SYMPTOMS, ONSET, AND WHAT TRIGGERS THEM

BLOOD PRESSURE, CHOLESTEROL, AND GLUCOSE RESULTS

PREGNANCY COMPLICATIONS AND MENOPAUSE HISTORY

FAMILY HISTORY, MEDICINES, AND SUPPLEMENTS

MY QUESTIONS AND THE FOLLOW-UP PLAN

POSSIBLE HEART ATTACK?

Call 911 now for warning signs. Do not use this appointment summary to delay emergency care or drive yourself.

Sources: American Heart Association, Heart Attack Symptoms in Women; ACOG, Heart Health for Women.

11 / PLAIN LANGUAGE

Words worth knowing

ECG / EKG

A recording of the heart’s electrical activity.

BLOOD PRESSURE

The force of blood against artery walls.

CHOLESTEROL

Blood fats measured in a panel used to discuss cardiovascular risk.

PREECLAMPSIA

A pregnancy condition involving high blood pressure and other signs.

GESTATIONAL DIABETES

Diabetes first diagnosed during pregnancy.

SCAD

A tear in a coronary artery wall that can cause a heart attack.

MICROVASCULAR DISEASE

Problems in the small blood vessels supplying the heart.

ANGINA

Chest pain or discomfort that may reflect reduced blood flow to the heart.

Your body has been telling you something. Now you have the words.

Log everyday heart rate and symptoms with Mae, and bring your history to your provider. For possible heart attack signs, call 911.

Take the free 10-minute health assessment at womo-health.com

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WOMO

Track your health with Mae

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TECHMAE

Join the women's community

SCAN TO JOIN TECHMAE

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With you in this, the WOMO team ♥

Your body has a story. WOMO reads it.

This guide is educational and is not medical advice. It does not diagnose, treat, or replace care from a licensed provider. If you think you are having a medical emergency, call 911 or go to the nearest emergency room.